

# Abstract

**Title:** Physical activity promotion in the documents of international organizations

**Objectives:** The main objective of this work is to explain the meaning of the promotion of physical activity for the human health and to show the way leading to the active way of life of the whole population. The partial objective is to show the content and the means of the promotion of physical activity and various strategies aimed on the increasing the physical activity level of the different populations in various environments.

**Methods:** In this work I use the analysis of documents of various institutions, especially WHO, and the studies published in scientific and professional journals, dealing with the problems of the physical activity promotion.

**Results:** The study of the important world documents proved the society-wide seriousness of the promotion of physical activity. The promotion of the long-life physical activity in the primary prevention is based on the strong evidence of health benefits bringing the additional newly discovered economic and psycho-social benefits. Simultaneously it appeared that in the Czech republic the agenda of physical activity as protective factor and the inactivity as high-risk factor is very low.

**Key words:** accumulated physical activity, physical inactivity, interventions, health benefits of physical activity, World Health Organization.